

**Paul T. Spriester, D.C., DIBAK**  
**Health Bulletin/Newsletter-1**  
**973-334-6053 or paulspriester.com**

We have all been bombarded since the early spring with “**SWINE FLU**” news and we all know about the virus that causes it (**H<sub>1</sub>N<sub>1</sub>**). The drug companies and the federal government bureaus (C.D.C and N.I.H) have been in a rush to develop a vaccine. Well the news is out they are now testing the swine flu vaccine on about 2700 volunteers to see if it safe and effective. We can certainly hope that it will be both of these things (safe and effective), but will they be?

If you read the newspapers or listen to the radio or television news programs you hear of the safety and side effect and fatalities with **Gardasil** vaccine that Merck Pharmaceutical as well as its benefits and risks. This vaccine has had a few years on the market in the US and had been given to seven million girls in three required doses. What was reported in the New York Times on 8/19/09 that the analysis of the side effects to be 12,424 reported events, which included 32 deaths.

Giving you this information is not to scare you, but to make you aware of the facts about the general flu as well as swine flu and any immunization program. Any vaccine will not be more then 80% effective meaning it does not work in some people. Even if you receive a vaccine or immunization you still can contract the disease, however it usually will be milder. The problem with the swine flu is it might require two or more shots and, you would still be required to get the regular seasonal flu vaccine. What happens when both swine and seasonal vaccine are combined? Also remember that many of the flu vaccines will still contain (Thimerosal) is 49% mercury by weight, and this compound which is used as a preservative.

Mercury is a well known neurotoxin and statistical research studies shows it can increase the occurrence of developing Alzheimer’s about 10 fold if you receive flu shots containing this preservative five consecutive years. So if you are planning any flu shots make sure they are mercury free.

I and my family have never had the flu at least for the past 40 years and that is because we receive chiropractic and applied kinesiology treatments that enhance how well our bodies work and keep our nervous system functioning properly. This system of health care eliminates the need to use the flu shots because it enhances the working of the immune system. This system is also known as (endorecticular system) which consists of Leukocytes which regulates cytokines and Thymus gland, Spleen, Lymph nodes and lymph vessels and is connect to the digestive system by way of peyers patches and the diaphragm. All the Applied Kinesiology techniques address all these systems and keep them working at the maximum which will lessen the likelihood of getting the flu by the same 80% average as taking the flu shot with no side effects.

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Some positive things you can do on a nutritional basis is to avoid refined carbohydrates and foods that are highly processed. Increase vitamins such as C at least 2000 mg., D 2000 I.U., take a good multi vitamin. And most important is a pro-biotic product that has a balanced bacterial flora content of your colon and small intestines. Don't forget to use common sense by washing hand if you think you have been exposed!

Just remember don't worry about the flu or getting the flu. This was pointed on The New York Times/Science Section on 8/18/09 in an article titled "Brain Is a Co-Conspirator in a Vicious Stress Loop". It shows that worrying about this matter (flu) will activate primitive regions in the brain stem that are our survival mechanism which we refer to as "Fight or Flight" side of the stress response. This will cause the production of cortisol and adrenaline and this will cause the suppression of the immune system if this vicious stress loop is activated. This fact will make you more likely to get the flu even if you get a flu shot.

Looking forward to serving you and your family's health needs.

Sincerely,

Paul T. Sprieser, D.C., DIBAK